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**CABBIES THREATEN
TO PARK THEIR RIDES
LOOSENING OF TAXI
ZONES AT ISSUE** {page 4}



**BACK TO PRACTICE
CROSBY SKATES WITH
PENS, BUT STATUS
UNCHANGED** {page 24}



HALIFAX

metro®

Tuesday, February 7, 2012
www.metronews.ca



News worth sharing.

‘We must do better’: Savage

► Former Liberal MP officially enters the race to be HRM’s next mayor ► Platform to focus on three themes



**ALEX
BOUTILIER**
@METRONEWS.CA

Mike Savage says it’s time for a change in leadership at Halifax City Hall.

And, to the surprise of no one in a crowded Alderney Landing theatre during the lunch hour on Mon-

day, Savage revealed he wants to bring that about.

“I can tell you that I did not consider (a mayoral run) hastily, and I didn’t come to a conclusion quickly, as some of you may have pointed out to me,” Savage said.

“But I can tell you that I kept coming up with the same answer: It’s time for change.”

About 400 supporters showed up to hear the former Liberal MP for Dartmouth-Cole Harbour formally announce his candidacy. Savage also unveiled three general themes for his campaign — livability, entrepreneurship and inclusivity.

Details on how to make HRM more liveable, entrepreneur-friendly and inclusive were scant, how-

ever. Savage said he’ll be spending the coming months getting feedback from members of the community on what they want from their local government.

Savage is the fifth candidate to enter the race.

While Savage thanked Mayor Peter Kelly for his hard work and devotion to the municipality, he

also had a few choice words for the incumbent.

“Halifax is not a private club. We must do better than a mayor who governs in private and communicates in talking points,” he said. “We need a mayor of clarity and conviction.”

More coverage {page 3}

RYAN TAPLIN/METRO



► Former Dartmouth-Cole Harbour MP Mike Savage announces he’s running for mayor at Alderney Landing on Monday afternoon.



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Savage's support coming from all political stripes

- Liberals, Tories, NDPers all attend campaign-launch announcement
- Savage expects mayoral bid will cost hundreds of thousands of dollars



RYAN TAPLIN/METRO

► Mike Savage shakes hands with supporters as he announces his candidacy for mayor on Monday afternoon.

ALEX
BOUTILIER
@METRONEWS.CA

If Mike Savage is campaigning on change, you'd never know it from the list of established supporters.

Nancy Regan drew a few gasps from the crowd when she announced Alexa McDonough, ex-NDP leader and former Halifax MP, would be introducing the former Liberal MP at Alderney Landing on Monday.

"I don't know how many people called Mike Savage to urge him to run for mayor when he was defeated by a worthy, capable, formidable opponent

(in the NDP's) Robert Chisholm," McDonough told the crowd of about 400.

"I had to insert that to remove any doubt about whether I am still a proud partisan."

McDonough's comments underscore a strange aspect of Savage's one-day-old campaign — the former Liberal has support from all three main parties.

"The fact that (Savage) can bring as many high-profile people from all of the parties here, who all have the same vision and passion for HRM, that's what this is all about," said former Tory cabinet minis-



"(Mike Savage's commitment is for) a better Halifax — a more inclusive, a more transparent, a more accountable and a more harmonious Halifax city council."

ALEXA MCDONOUGH

ter Tim Olive.

"It's about starting new, starting fresh and moving forward with everybody on board."

Other notables in the crowd included Liberal MLAs Andrew Younger and Kelly Regan, and HRM councillors Darren Fisher and Jim Smith.

Savage said he doesn't think he'll have any political debts to his supporters, other than to provide good governance should he win the mayoralty.

But he may have other debts.

"We haven't set a budget yet, but I'm expecting it will cost hundreds of thousands and dollars, and I expect that's what (incumbent Mayor Peter Kelly) will spend," Savage told reporters after the announcement.

Savage declines to 'jump' on strike

Mike Savage declined to comment on the municipality's handling of the transit strike on Monday.

"I'd be lying if I didn't say that I could have a positive impact, or hope to

have a positive impact on labour negotiations," Savage told reporters.

"But the last thing Halifax needs right now is more short-term politics by (mayoral candidates) jumping on the transit strike."

He did have some comments on the sale of St. Patrick's-Alexandra school.

He called council's handling of the issue a "black eye" on the municipality.

RYAN TAPLIN/METRO
► A Metro Transit worker on strike.

"There is an issue of leadership there, for certain," Savage said.

"I met with some people who are involved in the North End Clinic, and one of the things that they told me is that they feel the developer, Joe Metlege, was as much of a victim of this as they were. So there's a problem there, and if there's a problem ... we have to address it."

ALEX BOUTILIER

Police seek suspect in stabbing

Police are looking for a man believed to be in his 20s after someone was stabbed in a Dartmouth parking lot.

Halifax Regional Police say officers responded to a disturbance in the 100 block of Kennedy Drive on Sunday just before 6 p.m.

"When police arrived, they saw a number of people actually leaving the area," said Halifax Regional Police spokeswoman Const. Kathryn Willett. "But an adult male was found in the parking lot and he appeared to be suffering from a stab wound to his abdomen area."

The victim was taken to hospital with non-life-threatening injuries.

Police say they are looking for a suspect described as a black man between the ages of 20 to 30, who was wearing a grey sweat jacket, blue jeans and a ball hat.

PHILIP CROUCHER

Case file

Police don't believe the stabbing was random.

Gas station robbed twice

Police don't know if a Dartmouth gas station robbed twice over a nine-hour time frame was the work of the same person.

Just before 10 p.m. on Sunday, the Petro Canada at 240 Victoria Rd. was robbed after police say a man entered the store, pushed the cashier and grabbed about \$100.

The same station was robbed again just before 7 a.m. on Monday.

Neither cashier was injured in either robbery.

METRO

Pitbull plays HRM in April

Hip-hop star Pitbull has announced he will be performing at the Halifax Metro Centre on April 4. Flo Rida will be the opener. Tickets go on sale Saturday at 9 a.m. through Ticket Atlantic and cost \$58.25 or \$73.25. Pitbull will also perform at the Moncton Coliseum on April 2. METRO

1

news



A new batch of smartphone apps caters to the freshly single who may not be happy about their new status. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

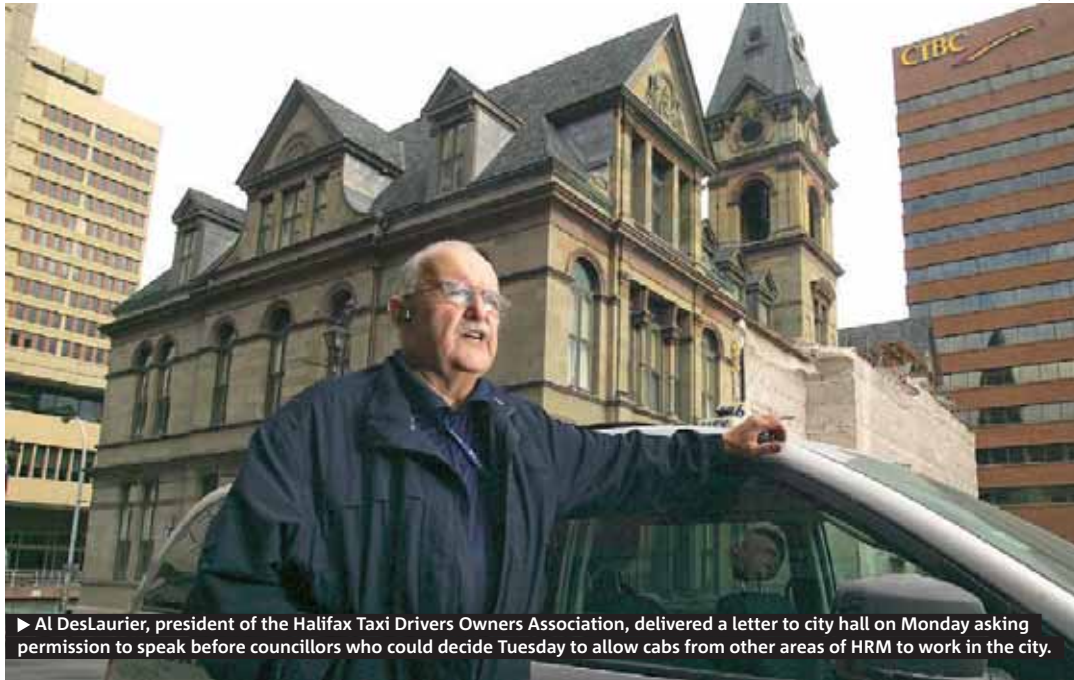


Montreal Canadiens fans pay musical tribute to Scott Gomez's year-long goal drought. Watch at metronews.ca/video

Follow us on Twitter @metrohalifax

Some city cabbies may park their ride, too

► Casino dispatch alone getting 300 to 400 calls an hour during work stoppage ► Council to discuss transit strike and pending water strike today



► Al DesLaurier, president of the Halifax Taxi Drivers Owners Association, delivered a letter to city hall on Monday asking permission to speak before councillors who could decide Tuesday to allow cabs from other areas of HRM to work in the city.



JENNIFER TAPLIN
@METRONEWS.CA

Several cabbies in the Halifax zone are threatening to stay home on a little strike of their own if Halifax regional council eases the district rules.

Council is meeting on Tuesday afternoon to discuss measures to ease the effects of the transit strike. One item involves opening up the borders between taxi zones to allow cabs from other areas of HRM to work in Halifax.

"We're handling (the higher demand). There are no complaints," said Al

DesLaurier, the recently elected president of the Halifax Taxi Drivers Owners Association, which represents the 610 drivers in the Halifax zone.

DesLaurier dropped off a letter at city hall on Monday asking to be allowed to speak at the council meeting.

"I can prove to them today that even opening it up during a transit strike is going to hurt the people (outside of Halifax)," he said.

Flooding the market with cab drivers means the full-timers will drop out and part-timers take over, said DesLaurier, who started driving a cab in 1966.

"Our customers will be angry at us, but they shouldn't be. They're trying to take taxis from (outlying communities) to do our work and it's not necessary."

AL DESLAURIER, PRESIDENT,
HALIFAX TAXI DRIVERS OWNERS
ASSOCIATION

He said it will also hurt the smaller communities who would be left without taxi service when they pour in to Halifax.

From Sunday night to Monday morning, DesLau-

rier said he received about 120 calls from his membership, many of them threatening to stay home.

"We don't have a union, but basically they're going to stay home and say, 'Here you go, city, get those guys to do our work,'" he said.

Bedford Coun. Tim Outhit said the rezoning would be temporary, just like during the Canada Games last year.

"If they're not willing to step up and loosen the rules a little to help residents during this tough time, well, that's up to them. A lot of people feel they should be," Outhit said.

Atlantic premiers headed south on trade mission

The four Atlantic premiers and more than 20 business leaders head to Atlanta on Monday for a three-day trade mission.

Premier Darrell Dexter, along with New Brunswick's David Alward, Newfoundland and Labrador's Kathy Dunderdale and Prince Edward Island's Robert Ghiz, will try to strengthen existing business ties and drum up new business in the southeastern United States.

The Council of Atlantic Premiers says the trade mission will focus on aerospace and defence, information technology, agri-food, seafood and oceans sectors.



► Darrell Dexter

Highlights for the mission include a visit to aerospace and defence giant Lockheed Martin, a Georgia Chamber of Commerce breakfast, a dinner hosted by Governor Nathan Deal and a breakfast hosted by former governor Sonny Perdue.

THE CANADIAN PRESS

'ALFRESNOW'

Film fest salutes Hitchcock

Another film fest with a rhyming name is on the way. Neptune Theatre and the Atlantic Film Festival have announced alfreSnow filmFesto, the winter counterpart of the popular alfresco filmFesto.

Like the summer version, alfreSnow has a theme, but unlike the watch-a-movie-by-the-water festival, this one

will be held indoors. This year's theme is a tribute to Alfred Hitchcock.

The movies will be shown every Monday in March at 7 p.m. at Neptune Theatre.

A local director will introduce each film and the audience is encouraged to stay afterwards for a meet-and-greet.

The four Hitchcock classics to be screened are Dial M for Murder, Rope, I Confess and Strangers on a Train.

Organizers are asking for a suggested donation of \$8 a person.

● JENNIFER TAPLIN

Woman dead after car rolls

A woman has been killed in a single-vehicle accident in Pictou County. Candace Taylor Archibald, 20, of Middle Musquodoboit died in the accident, which took place on Sunday at 5:20 p.m., police said. Officers said the car rolled over and struck a utility pole as it headed north on Gairloch Road in Rocklin. There was no one else in the car. The investigation is ongoing.

THE CANADIAN PRESS

RCMP probe Chaswood blaze

Police are investigating a suspicious fire in Middle Musquodoboit. RCMP say the Halifax regional fire department responded to a blaze at a home on Highway 224 in Chaswood just before 9 a.m. on Sunday. Firefighters tried to put out the blaze, but the home was completely engulfed in flames. No one was at home when the fire started and there were no injuries to firefighters.

● METRO

MLAs back Mulcair for NDP leadership

Three Nova Scotia NDP cabinet ministers are endorsing Thomas Mulcair's bid for the federal leadership.

Mulcair issued a statement on Monday saying Finance Minister Graham Steele, Culture Minister David Wilson and Justice Minister Ross Landry have

Vote-off

► The federal NDP's leadership convention is March 23 to 24 in Toronto.

thrown their support behind him.

The Montreal MP is one

of eight contenders for the leadership, which became vacant last year after Jack Layton died.

The other candidates are Niki Ashton, Nathan Cullen, Paul Dewar, Peggy Nash, Romeo Saganash, Martin Singh and Brian Topp. THE CANADIAN PRESS



► Graham Steele

Scouts leader gets four months in jail

- ▶ Dozens of images and videos linked to Bedford man
- ▶ Case of other accused transferred to Newfoundland



JENNIFER TAPLIN
@METRONEWS.CA

A former Cub Scout leader from Bedford is going to jail after being sentenced for child-pornography charges on Monday.

Craig Ward, 51, was given four months behind bars followed by 18 months of probation for possessing child porn. He is also under several conditions including counselling if deemed necessary, not to access the Internet except for employment or educational purposes, and having no contact with kids under 16 unless permission is granted.

He also has to provide DNA and be registered in the

Sentenced

Craig Ward, sporting shaggy white hair, a brown winter jacket and black pants, didn't speak for himself during the sentencing hearing.

sexual-offender database. Judge Barbara Beach called it "depraved" and "loathsome criminal activity."

Ward was arrested after police searched a home on Dartmouth Road in Bedford on Dec. 9, 2010. Two men, Ward and Timothy Budden, were arrested without incident and police seized computer equipment.

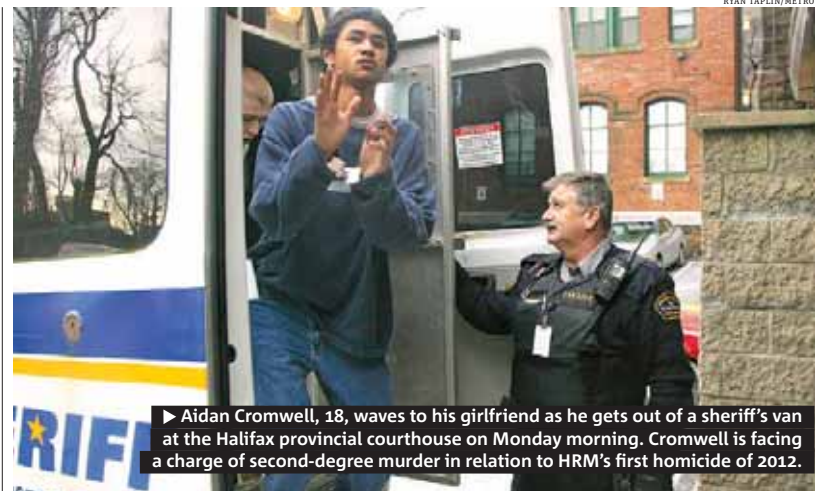
Beach said 69 still images and 13 videos were attributed to Ward.

Ward was a Scouts Canada leader with a Sackville group but police have said local children were not involved.

"The children who are the subject matter must live not only with the degrading circumstances as the images were made, but with the knowledge the images are being disseminated all over the world," Beach said.

But she added she was impressed with Ward's participation in a sexual-behaviour assessment and that he has taken counselling. She reported his counsellor said he was humiliated and embarrassed by his actions.

"I have no doubt your remorse here is genuine," she said.



▶ Aidan Cromwell, 18, waves to his girlfriend as he gets out of a sheriff's van at the Halifax provincial courthouse on Monday morning. Cromwell is facing a charge of second-degree murder in relation to HRM's first homicide of 2012.

First court appearance for accused

Friends and the girlfriend of Aidan Cromwell showed moral support for the 18-year-old's first court appearance Monday.

Cromwell is charged with second-degree murder and two counts of breach of recognizance in the death of Marc Bernard Tremblay, 25, of Halifax.

As he was taken out of a

van by sheriffs and led into Halifax provincial court on Monday, Cromwell's girlfriend Jasmine Mayo shouted her love for him. He gave her a wave.

Cromwell made a brief court appearance for an arraignment. He is scheduled for a bail hearing on March 6.

Tremblay, suffering stab

wounds, was discovered by police at the corner of Ashdale Avenue and Titus Street in Fairview at 11:20 p.m. on Thursday night. Paramedics declared his death while still at the scene.

Cromwell was arrested at an Evans Avenue address a few hours later.

▶ JENNIFER TAPLIN

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Halifax Shopping Centre
Mic Mac Mall
Sunnyside Mall

Queen marks 60 years on throne



► Prime Minister Stephen Harper and Gov.-Gen. David Johnston present the Diamond Jubilee Medal to Bryden Hutt, 7, of Yarmouth, Monday.

SERVICE 'SO EXEMPLIFIED BY HER MAJESTY'

Canada kicked off celebrations with the presentation of 60 Diamond Jubilee medals.

- Gov. Gen. David Johnston and Prime Minister Stephen Harper presented the medals at a ceremony at Rideau Hall.
- About 60,000 Canadians are to receive the medal

this year, in recognition of their work in their communities.

- Recipients come from all walks of life.
- But one province was overlooked at the ceremony: Newfoundland and Labrador. There were recipients from every other province and territory.

► Monarch praised for quiet sense of duty ► Global accolades pouring in

Tributes poured in to Queen Elizabeth II on Monday as she marked her Diamond Jubilee with a message vowing to continue serving the British people.

Dressed in a Tiffany-blue hat and colourful overcoat against the winter cold, she was greeted by well-wishers in the snow-covered town of King's Lynn at an event planned to mark Accession Day, the anniversary of the day she became queen in 1952.

"I love that the monarchy is above politics and feel that the queen represents that best of all," said Laura Skrzynski, a long-time admirer of Elizabeth who joined the crowd of about 150 people applauding the queen's arrival. "She stands for integrity and respect, and I am in-



► Queen Elizabeth II is greeted by wellwishers during a visit to Kings Lynn Town Hall in Norfolk, England, Monday.

spired by her faith. She has been a constant through all our lives."

Accession Day is usually marked quietly because it also marks the anniversary

of the death of Elizabeth's father, King George VI. But it drew extra attention this year because of the milestone celebration.

THE ASSOCIATED PRESS

\$7.5M Ottawa has pledged \$7.5 million to help fund four months worth of commemorative activities.

Judge finds Calgary man guilty of assaulting former roommate

JEREMY NOLAI
IN CALGARY

Calgary's Dustin Paxton savagely beat his former roommate and business partner to the point that it caused memory loss and forced him to perform sexual acts under the threat of further punishment, a judge has ruled.

The verdict, handed down by Justice Sheilah Martin on Monday, capped a more than four-month trial that included graphic descriptions of repeated assaults against Paxton's victim, whose identity is protected by a publication ban.

That individual was dropped off at a Regina hospital in April 2010 with blunt injuries to much of his body. He was an unhealthy 90 pounds at the time and continues to suffer from after-effects to this day, Martin said.

"I find the frequency, intensity and severity of the assaults grew over



► Crown prosecutor Joe Mercier speaks to reporters in Calgary Monday after a verdict in the Dustin Paxton case.

time," Martin said, noting the punishment took place over a period of 18 months.

Sitting inside the courtroom, Paxton smirked early on and shook

his head repeatedly as Martin detailed numerous witness accounts of the

assaults.

As the proceedings advanced to Paxton's run of disturbing sexual assaults, the accused became noticeably agitated, holding his head in his hands.

"In essence, he used sex as a further weapon of assault," Martin explained.

Paxton's defence counsel refused to comment following court proceedings and it was unclear whether they intend to

appeal.

Martin's findings, meanwhile, also served to absolve Calgary police investigators involved with the Paxton case. Defence counsel had claimed members coached witnesses and used signals to communicate with them during the trial.

"There was never any question with respect to our officer's conduct whatsoever," said police Deputy Chief Trevor Daroux late Monday.

Looking ahead

- Paxton was also found guilty Monday of assaulting and uttering threats against former roommate Abraham Chutta. He faces further charges for allegedly assaulting a guard at the remand centre where he is being held.
- Court proceedings will resume Feb. 17. At that time, representatives will determine a date for sentencing on all four counts.

MP moves to reopen abortion debate

A backbench Tory MP is asking Parliament to study whether Canada's definition of a human being, which refers to birth, needs to be pushed back to include life in the womb.

Stephen Woodworth, a pro-life member representing a Kitchener, Ont., riding, said today he has filed a motion in the House of Commons asking for a committee to study the issue.

Woodworth wants

Canada to throw out its 400-year-old definition of a human being as someone who is born, saying medical evidence has shown that human beings are created sometime before birth.

Justice Minister Rob Nicholson immediately played down the move, saying the "prime minister has been very clear, our government will not reopen this debate."

THE CANADIAN PRESS

'Diefen-baby' determined to prove who father was

A man who believes former prime minister John Diefenbaker may have been his father has turned up some new leads in his paternity search.

George Dryden says he was contacted by a woman who also believes Diefenbaker may be her father and started making inquiries in 1977.

He says she told him she was then visited by an RCMP agent who was "very

concerned" about a nine-year-old boy Diefenbaker had just met and thought might be his illegitimate son.

Dryden says he met Diefenbaker in 1977 at a function on Parliament Hill that he attended with his mother — when he was nine years old.

Canada's 13th prime minister had no known children.

THE CANADIAN PRESS

Crash leaves 11 dead in Ontario

► Police say migrant workers were among those killed
► Collision causes van to roll into yard of a home

A horrific collision between a flatbed truck and a large passenger van near a tiny hamlet in southwestern Ontario has killed 11 people and injured three others, provincial police confirmed Monday.

OPP Insp. Steve Porter said a large white van loaded with people believed to be migrant workers was travelling west when it was broadsided by the flatbed.

Ten of the passengers in the van were pronounced dead at the scene, he said, adding the driver of the truck was also killed.

Police said one survivor was airlifted to hospital in Hamilton with life-threatening injuries, while two



► Emergency crews investigate a multiple fatal motor vehicle accident near Hampstead, Ont., about 130 kilometres west of Toronto.

others are being treated for serious injuries in nearby Stratford, Ont.

"I've been on the job for 28 years and I've never seen anything quite like this collision tonight," Porter told a news conference at the scene of the crash.

Porter said police believe many of the victims to be migrant workers, but of-

ferred no other details. Some reports said one of the survivors spoke Spanish.

OPP Sgt. David Rektor said the workers were travelling in a van equipped to carry 15 passengers safely. He said investigators believe driver error was behind the crash.

THE CANADIAN PRESS

Harper won't pull ambassador from Syria

The official Opposition wants Canada's ambassador recalled from Syria, but the government says he will stay in the besieged country to blast President Bashar Assad for his attacks on domestic dissenters.

NDP foreign-affairs critic Hélène Laverdière urged the government to recall the envoy because she said it would send a strong message to Assad, who has waged a bloody 11-month crackdown on dissent in his country that has left thousands dead. A Syrian-government military offensive against people in the city of Homs has entered its third day.

The Obama administration closed the U.S. embassy in Damascus on Monday and recalled all diplomatic staff.

THE CANADIAN PRESS

KILL TRAP NOT USED IN BEAVER DEATHS: OFFICIAL



► A beaver seen in Ottawa, left, and traps a resident found in the same area.

A Parks Canada official says two beavers that built a lodge near a wharf at the Hogs Back locks in Ottawa were accidentally killed when rising water levels drowned them inside a live trap.

Irv Mazurkiewicz, director of canal operations for the Rideau Canal, said Parks Canada and the National Capital Commission received complaints over the past month from homeowners about beavers felling trees near

their property.

He said Parks Canada hired a licensed trapper with the Ministry of Natural Resources who is experienced with trapping beavers in urban areas.

Area resident Jenni Meldrum claimed she saw kill traps at the site when she walked her dog on Tuesday, but Mazurkiewicz said that is not true.

"It was not a snare trap," said Mazurkiewicz.

● JOE LOFARO IN OTTAWA

Computer. Camp



► A participant checks his computer inside a tent at the camping area of the VI edition of the Campus Party event in Sao Paulo, Monday.

Hackers, gamers, geeks unite!

The Campus Party is an annual, week-long, 24-hour technology festival that gathers around 7,000 hackers, developers, gamers and computer geeks. The event is held Feb. 6-12.

Canada Post removes mailboxes

The ubiquitous red letter box in Canada is going the way of the pay phone.

They are harder to find because Canada Post has removed more than 1,000 from across the country, in large part because house-

hold mail has dropped off 17 per cent in the past five years.

"People are not sending as much mail anymore," Anick Losier, a spokeswoman for Canada Post, said Monday.

30.5K In 2009 Canada Post had 31,584 street letter boxes and in 2011 that number dropped to 30,546.

TORSTAR NEWS SERVICE

U.S. birth control access a bitter pill for pious

Anyone waking up from under a rock for the past few years might be understandably stunned to see the latest bitter debate that's dividing the United States of America, decades after the sexual revolution was fought and won by millions of bra-burning women.

Birth control.

Angry Catholic leaders insist U.S. President Barack Obama has declared war on their religion with a new federal law that requires most employers to include contraceptives in their health insurance coverage to patients who want them.

Churches and other houses of worship are exempt from the law, but Catholic hospitals and universities are not. The requirement doesn't force doctors who object to contraceptives to prescribe them.

Obama administration officials insist the law's intent is to protect the rights

of employees who work for Catholic-owned institutions, many of whom are not Catholic.

Nonetheless Catholic bishops have called the rule an affront to religious freedom, one that violates the U.S. Constitution. Their outrage is being echoed on the campaign trail by Republican presidential hopefuls. Mitt Romney launched a petition on Monday against the mandate, calling it just the latest in a series of "attacks on religious liberty" by the administration.

"If you've had enough of the Obama administration's attacks on religious liberty, stand with me and sign the petition," the Mormon front-runner wrote on Twitter.

Obama's re-election team was quick to hit back, saying Romney's policies on health-care insurance when he was Massachusetts governor were "identical" to the Obama administration's. THE CANADIAN PRESS

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Top 5: February 6th

- 5 Pitbull ft Chris Brown International Love
- 4 Drake ft Rihanna Take Care
- 3 Marianas Trench Fallout
- 2 Flo Rida ft Sia Wild Ones
- 1 David Guetta ft Nicki Minaj Turn Me On

Weeknights at 9
Tessa counts down the **HOTTEST 5** songs that day!

101.3THEBOUNCE.COM

Self-professed shooter wants medal of honour

The right-wing extremist who has admitted killing 77 people in Norway's worst peacetime massacre told a court Monday that he deserves a medal of honour for the bloodshed and demanded to be set free.

Anders Behring Breivik smirked as he was led in to the Oslo district court, handcuffed and dressed in a dark suit, for his last scheduled detention hearing before the trial starts in April. He stretched out his arms in what his lawyer Geir Lippestad called "some kind of right-wing extremist greeting."

Reading from prepared remarks, the 32-year-old Norwegian told the court that the July 22 massacre — carried out with a bomb, a rifle and a handgun — was a strike against "traitors" who he said are embracing immigration to promote "an Islamic colonization of Norway."

Like in previous hear-

LISE ASERUD/SCANPIX NORWAY/THE ASSOCIATED PRESS



► Anders Behring Breivik appears in an Oslo court on Monday.

ings, Breivik admitted to setting off the bomb outside government headquarters in Oslo and opening fire at a Labor Party youth camp on Utoya island, outside the capital. But he again denied criminal responsibility for the deaths and rejected the authority of the court.

Some 100 survivors and victims' relatives watched in disbelief as Breivik asked to be released and

The situation

► Judge Wenche Gjelsten ordered Breivik to remain in custody until the trial begins on April 16. Breivik faces terror charges that carry up to 21 years in prison, but if he's deemed to be gravely mentally ill he will be sent to psychiatric care.

► A psychiatric evaluation found Breivik criminally insane, but a second evaluation was ordered amid criticism of that diagnosis. Breivik has refused to co-operate with psychiatrists in the second review.

then told the judge he should receive a military honour for the attacks. Many survivors had expressed concern that Breivik will use court hearings to draw attention to his extremist views.

THE ASSOCIATED PRESS

Iran now facing new penalties

Targeting Iran's economy, the U.S. moved Monday to further pinch the country's financial system.

New, stricter sanctions, authorized by President Barack Obama, give U.S. banks new powers to freeze assets linked to the Iranian government.

THE ASSOCIATED PRESS

Cameroon volcano erupts

Cameroon Radio Television reported Monday that a violent explosion Friday on Mount Cameroon lasted a couple of seconds and lightly injured two people.

Mount Cameroon is an active volcano and the highest peak in West Africa.

THE ASSOCIATED PRESS

Train riders to be hit by the goop

Indonesia has another bizarre way to keep commuters off the roofs of trains: swat them with brooms drenched in putrid goop.

Indonesia has tried just about everything to keep passengers from clamouring atop trains.

THE ASSOCIATED PRESS



► A woman makes her way through a snow-covered street in Sarajevo, Bosnia-Herzegovina on Monday.

Europe digs out

► Big freeze causes traffic chaos with roads shut down and airports closed ► Thousands trapped in villages

Overwhelmed by deep snow and harsh temperatures, some countries in Europe closed down schools and struggled to run public transport Monday, as post-snow rains caused a dam to collapse in Bulgaria, flooding a village and killing at least four.

Another four people were killed by floods in southern Bulgaria, and 10 people are missing, authorities said.

Europeans across the continent were digging out from heavy snow after a week of bitter cold in which the number of dead

-36C
Temperatures have fallen as low as -36 C in Ukraine, the country hardest-hit by deaths due to the weather.

— most of them homeless — continued to rise by the day.

The Serbian government late on Sunday declared an emergency situation, saying the intense snowfall has jeopardized normal functioning.

Emergency officials said that 70,000 people were cut off by the heavy snow. Power will be shut down in all primary schools and high schools for a week to save power and keep children safe.

Thrilled, hundreds of kids filled the parks in the capital, Belgrade, sledding and making snow angels.

Schools will also be closed in Rome on Tuesday, as Italy copes with unusually heavy snow for the Mediterranean country. So far, 10 deaths have been linked to winter weather.

THE ASSOCIATED PRESS

Dozens trapped after quake shakes the Philippines

Rescuers dug with picks and shovels trying to reach dozens of people trapped under houses collapsed by a strong earthquake Monday that shook a central Philippine island and set off landslides.

At least 13 people were killed and 40 are believed missing, most of them along the shore near the epicenter of the 6.9-magnitude quake that struck in a narrow strait just off Negros Island.

Others were trapped in their homes after a number of landslides.

THE ASSOCIATED PRESS



► Residents look for higher ground after Monday's earthquake in the Philippines set off tsunami rumours.

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Canada slips from top spot on economy: Analysts

MARK LENNIHAN/THE ASSOCIATED PRESS



► People wait to talk with potential employers at a job fair sponsored by National Career Fairs in New York last December. Month by month, the U.S. job market is regaining its health.

- Economists expect U.S. economic growth to outpace Canada's in 2012
- Employment in U.S. has been rising twice as sharply as in Canada

It's going to get harder for Prime Minister Stephen Harper and his ministers to keep boasting that Canada is No. 1 among economic rivals.

As the year unfolds, analysts say it will become increasingly apparent that Canada no longer leads the G7 in economic growth and job creation.

And as unlikely as it seems, it's the United States — the land of crippling trade deficits, high unemployment and government debt — that's likely to relegate Canada to second place, if not third behind Germany.

"We are going into a period of catch-up where it looks like the U.S. is doing

better because they will be growing faster, on the jobs front perhaps most starkly," says Douglas Porter, deputy chief economist with the Bank of Montreal.

On many fronts, the switch has already begun. Last week's employment reports indicated 2,300 jobs added in Canada in January versus 243,000 in the U.S.

Even though Canada is one tenth the size of the U.S., that's still more than 10 times more jobs created.

In the fourth quarter of 2011, the U.S. posted a gross domestic product expansion of 2.8 per cent, while Canada's is projected to come in at 1.5 per cent with the tally from Statistics Canada. **THE CANADIAN PRESS**

Railroad legend assures he can turn CP around

ALVARO BARRIENTOS/THE ASSOCIATED PRESS



► Hunter Harrison

Railroad legend Hunter Harrison promises he won't disappoint if Canadian Pacific Railway Ltd. shareholders grant him the chance to end his retirement and head up an overhaul of the struggling railroad.

But the 67-year-old former CEO of rival Canadian National Railway also pledges his "no excuses" crackdown on efficiency wouldn't mean slashing costs or massive job cuts.

In a town-hall meeting in Toronto on Monday hosted by Pershing Square — the New York hedge fund calling for a shakeup at the railway — Harrison said shareholders need to re-evaluate CP's strategy, as well as its current management, who appear to be confused as to "what they really want to do and accomplish."

"Clearly the execution is not there," he said of CP's strategy to improve its operating ratio — a railway measure of efficiency.

Bill Ackman, head of the Pershing Square activist fund that holds a 14.2 per cent stake in CP, believes current CEO Fred Green is the wrong man for the job, and endorses handing the reins to Harrison. "We think the board has chosen the wrong CEO," Ackman told the audience of 400. "The result is the worst railroad in North America."

Harrison said he will focus on reducing costs, downsizing and managing fewer assets. Pershing Square believes Harrison can get Canadian Pacific's operating ratio from 81.3 in 2011 down to 65 in the next four years. **THE CANADIAN PRESS**

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Amazon to pilot retail

A pair of industry bloggers are reporting that Amazon.com is about to open a brick-and-mortar store in Seattle to test the waters for a retail launch.

Amazon launched its own publishing arm, Amazon Exclusives, but Indigo and Barnes & Noble have refused to carry their books. Michael Kozlowski, editor-in-chief of Good e-

Reader, quoted "Amazon sources close to the situation" as saying the store would concentrate on "books from their growing line of Amazon Exclusives" as well as e-readers and tablets. "Based on Amazon's continued push for exclusivity with publishers, agents and authors, Indigo will not stock Amazon-published titles in store," said spokeswoman Janet Eger of Indigo Books and Music Inc.

TORSTAR NEWS SERVICE

Market moment

TSX	Dollar	Oil	Natural gas
- 17.44 (12,559.85)	- 0.19¢ (100.45¢ US)	- 0.93¢ US (\$96.91 US)	\$2.55 US (+ 5¢ US)
			Gold \$1,724.90 US (- \$15.40 US)

PRICES AS OF 5 P.M. MONDAY

News in brief

India challenges Internet giants

CENSORSHIP. Google India has removed web pages deemed offensive to Indian political and religious leaders to comply with a court case that has raised censorship fears in the world's largest democracy, media reported Monday. The action follows weeks of intense government pressure for 22 Internet giants to remove photographs, videos or text considered "anti-religious" or "anti-social." A New Delhi court gave Facebook, Google,

YouTube and Blogspot and the other sites two weeks to present further plans for policing their networks, according to the Press Trust of India.

THE ASSOCIATED PRESS

Snow village coming soon to Saudi mall

COMPETITION. Dubai's famed indoor ski slope is about to get some Gulf competition. Saudi developers say they plan a "snow village" inside a new mall in Riyadh. Developer Al Othaim Investment and Real Estate Development Co. says the attraction is scheduled to open later this year.

THE ASSOCIATED PRESS

Pressure is on for Greece's second bailout

DIMITRI MESSINIS/THE ASSOCIATED PRESS



► Women look at the headlines of newspapers at a kiosk in central Athens on Friday.

France and Germany on Monday sought to impose tighter controls on Greece's finances and warned political leaders in Athens to agree on new austerity measures soon if they didn't want to see their country go bankrupt.

President Nicolas Sarkozy of France and German Chancellor Angela Merkel said Greek leaders need to push through reforms to obtain new funds

in a second planned bailout worth \$171 billion US.

The country needs the money to repay a bond due in March. But Greek party leaders have been unable to agree to the new measures, missing multiple deadlines in the negotiations, and delayed their latest meeting to Tuesday. Financial markets remain on edge as investors await the outcome.

"Time is pressing and for the entire eurozone much

is at stake," Merkel said.

Sarkozy and Merkel called for Athens to set up a separate account to ensure that billions of euros in bailout money go directly to servicing debt, and not other spending priorities.

The proposal would amount to a financial straitjacket that would force Athens to put a higher priority on repaying its foreign lenders than on financing services. **THE ASSOCIATED PRESS**

Debt deals

- One option is for Greece to write into law a higher priority on servicing debt.
- Another option could be blocking funds from the International Monetary Fund or European lenders in an account to ensure a focus on debt service.
- A separate account for interest payments could be one way of getting the European Central Bank to help in saving Athens from bankruptcy.

HOW MUCH DO MARKS MATTER?

SHE SAYS ...

JESSICA NAPIER
METRO



exclusively on grades. All applicants will be required to complete a supplementary questionnaire about their extracurricular activities and life experiences outside of the classroom.

The reasoning behind this decision is that the leaders of tomorrow (and source of future alumni donations) need to have interpersonal skills, not just book smarts, in order to succeed. Because we all know that, once you graduate, being able to network is far more important than knowing stuff.

As a closeted academic who still dreams of going back to school to do a PhD the way other people dream about early retirement, my initial reaction to this decision was one of total horror.

The University of British Columbia recently announced that starting in the 2012-2013 academic year admission to the institution would no longer be dependent

During my postgrad days I worked as a teaching assistant for an undergraduate marketing class. With every assignment I graded, I became more and more concerned about the lack of basic writing skills among the student body. I encountered so many spelling mistakes and grammatical errors that I began to question how some students had even managed to pass a high school English course. With this in mind, the last thing we need is for universities to begin experimenting with lowering their admission standards in the name of well-roundedness.

On the other hand, a culture of grade-chasing over-achievers doesn't allow for the type of creative minds that we need in academia,

business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse.

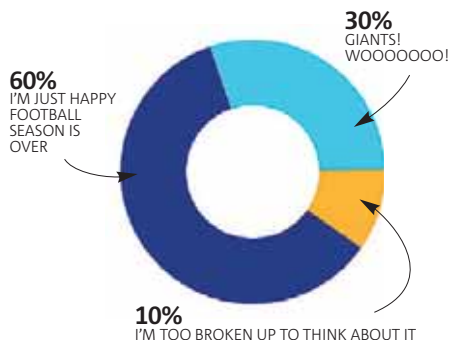
I don't believe we should judge students on how well they can recite textbooks verbatim and memorize formulas. We should look at university as a place for breeding critical thinking and intellectual curiosity. Not only that, they are places for personal growth, blossoming independence and cultivating all those basic life skills you didn't figure out back when your parents were doing your laundry and cooking your meals.

That said, universities aren't grownup summer camps and they shouldn't be treated as such. More than anything, those four years are about higher education, and if you don't have the marks to get there how are you going to get the marks to stay there?



Register at
metropolitanpanel.ca
and take the quick poll

So how about that game on Sunday?



Local tweets



► **@RWJBoon:**
Halifax's women should

go on strike. The transit and government people would cave pretty quickly if dinner wasn't ready when they got home.

► **@LaClairabella:** New slogan for HFX "service" industry - "What can I do for you that will benefit me". Depressing how selfish society can be.

► **@janicemarsbar:** Just read @metrohalifax story re Sasha the dog. Shocked

and appalled, but thankful there are still some Angela Smiths in this world.

► **@smileysteph:** Had a great time at Mike Savage's event today! What an awesome experience. #Halifax

► **@Buote Suggestion:** @thatkevinsmith should buy Devil's Island from Bill Mont and build a private island venue for his future appearances in Halifax.

► **@MissHelveticaB:** My idea of funhaven is the smoking lounge in the Halifax airport - VLTs and Olands.

KEVIN FRAYER/THE ASSOCIATED PRESS

Daily Zoom

Water, water everywhere



J-stroking it

An Indian man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy River Yamuna in New Delhi on Monday. **THE ASSOCIATED PRESS**

Drying up

► Environmentalists say only 30 per cent of Yamuna's original river bed is left today. In 1962, the full river bed was visible in areas such as north Delhi, east Delhi and Noida, according to the Deccan Herald.

Nor any drop to drink

The Yamuna is one of the world's most polluted rivers while supplying more than 60 per cent of the water needed by the Delhi region.

THE ASSOCIATED PRESS

400X The level of total coliforms like fecal bacteria, which indicate presence of disease-causing bacteria in the water, are 400 times higher in New Delhi compared to tests performed upstream, a report says.

Vowing to stay true to roles

► Rising actor Channing Tatum initially turned down the lead in new romantic drama



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METRO WORLD NEWS IN LOS ANGELES

Director Michael Sucsy isn't afraid to admit that Channing Tatum initially passed on his lead role in *The Vow*, his new romantic drama based on a true story co-starring Rachel McAdams.

The film follows Leo and Paige, a couple trying to rebuild their relationship after a car accident robs Paige of her memories — including those of her husband. So what was so wrong with the project, according to Tatum?

"When I read the first version of the script, it felt like Leo was just too great. He was too good, too perfect. He was so understanding that I didn't believe him as a real person," Tatum says, adding that he had trouble connecting with the character. "I wish I could say I'd be that understanding," he says. "I think it would be more frustrating."

So how did Sucsy lure his leading man back to the project? Having McAdams on board didn't hurt.

"As soon as I heard that she was on it, I was like, 'I'm in,'" Tatum admits — but first they had to make some changes to his character.

"We tried to put more frustration in there," he says. "I think you would have to swallow so much, and that's what we were trying to do with Leo. I even wish we'd have went a little step further with it, but I



► Actor Channing Tatum, left, stars with Rachel McAdams in *The Vow*, based on the real-life story of a couple trying to rebuild their relationship after a car accident robs the wife of her memories.

think it might've been too heavy."

Of course, they could always refer back to Kim and Krickitt Carpenter, the real-life couple on whose story *The Vow* is based.

But the Carpenters made Tatum more nervous than anything else: "I was worried. I was nervous to meet [Krickitt] because I didn't want him to hate what I was doing with their story," he says. "But they were so positive. I think they were just so thankful that their story was going to be out there — or a version of it."

Speaking of real-life situ-

ations, part of Tatum's own life will be hitting theatres later this year with Stephen Soderbergh's *Magic Mike*, which the actor co-wrote, focusing on a particularly revealing part of his young life.

"I was a stripper for about eight months between 18 and 19 years of age in Florida," Tatum says. "It's a part of my life that I'm not so proud of, but I'm not ashamed of it. If anything, I will stand by it because it was one of the most pivotal parts of my entire life. It was crazy."

It's also the kind of personal history most A-list

stars would try to cover up — something Tatum admits he was pressured to do at first.

"[My publicist] was like, 'No no no, we're not saying anything about it,'" he says. "I'm like, 'Look, it's going to come out, I'm telling you. We should just say it, because I'm not ashamed of it. I'm telling you we should talk about this because I think it's hilarious, and I'm not afraid to talk about it.' I will tell you, though, after the film comes out I will never talk about it again. I'll be like, 'Enough said, watch the movie.'"

Ad advantage

- An acting career — and a clearly successful one at that — likely wouldn't have happened for Channing Tatum if it hadn't been for one visionary director.
- "I just fell into this Pepsi commercial that was directed by [renowned Indian director] Tarsem, and it was such a fun experience," Tatum says. "It was one of those moments when I was like, 'Oh my God, this is everything I've ever wanted to do.'"

NFL, NBC sorry for M.I.A. gesture

Performing with Madonna on their new single *Give Me All Your Luv'n* during the halftime show at Super Bowl XLVI, singer M.I.A. faced the camera and held up a middle finger Sunday night.

The gesture instantly lit up Twitter, with some wondering if it would become this year's "wardrobe malfunction."

NBC, the network that aired the game, said in

a statement: "We apologize for the inappropriate gesture that aired during halftime. It was a spontaneous gesture that our delay system caught late."

The National Football League, although in charge of the content of the show, blamed the network for not catching and censoring it.

"There was a failure in NBC's delay system," the

league said.

"The obscene gesture in the performance was completely inappropriate, very disappointing, and we apologize to our fans," said Brian McCarthy, spokesman for the NFL, which produced the show.

M.I.A. also may have said "I don't give a s***," but it was hard to hear. The singer has a long history of provocation, both onstage and on her al-

bums, but who knew she'd out-controversy Madonna? It was the first rude halftime show gesture since 2004, when Janet Jackson's breast was exposed.

In that case, the television network was fined \$550,000 for indecency by the Federal Communications Commission. Only last year did they win an appeal.

● METRO



Ellen's in



JC Penney continues to support their decision for hiring Ellen DeGeneres as the spokesperson despite an outcry from the One Million Moms group.

One Million Moms, a project of the American Family Association, is arguing that because DeGeneres is gay, JC Penney is not presenting the image of a family-friendly store.

The organization insists that JC Penney should "replace Ellen DeGeneres as their new spokesperson immediately and remain neutral in the culture war."

What do you think? By supporting an openly gay woman, is JC Penney taking sides in the "culture war"? Or are they just supporting a popular comedian?

METRO



Best new artist Grammy nominee J. Cole has gold album, platinum single, but wants more

Katy Perry and Tim Tebow... a match made in heaven?

► Newly single singer dedicates a song to the football player at a pre-Super Bowl party ► Perry's parents want a 'good Christian' man for their daughter



► Katy Perry

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA

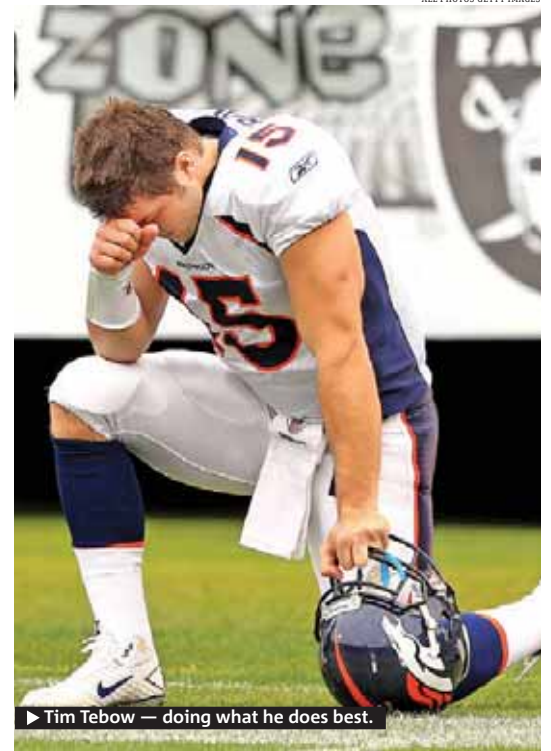


Katy Perry made her first U.S. concert appearance since husband Russell Brand filed for divorce, playing a pre-Super Bowl party in Indianapolis, according to People

magazine.

And while she made no mention of Brand, she did apparently have another guy on her mind: "This one goes out to Tim Tebow," she said before playing her song Peacock.

It was previously reported that Perry's religious parents were eager to set their newly single daughter up with the football player because "above all, he's a good



► Tim Tebow — doing what he does best.

Christian."

If you need a rebound who is the exact opposite

of your soon-to-be ex-husband, Tim Tebow is probably it.

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Although she is a bit shy, you know that you've been given the okay when she rolls over so her belly can be rubbed and her cheeks scratched! With just a bit of time to adjust to her new surroundings, we believe that Precious will be a wonderful addition to any household. If you think this beautiful lady might be the right fit for you, please come visit her today!



For more information on Precious and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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The last great couturier

► Iconic designer Karl Lagerfeld refuses to be defined ► Now 73, he drinks Diet Coke, quotes Percy Bysshe Shelley and, with two new lines, still makes women clamour for his clothes

KENYA HUNT
STYLE@METRONWS.CA
METRO WORLD NEWS IN LONDON

It's 5 p.m., and Karl Lagerfeld was due to arrive at 3:30 p.m. So his press team and I, sitting in his private office on Paris' Left Bank, munch on Magnum Ice Cream bars, a brand for which he's directed commercials.

A staffer offers me a pink bottle of Diet Coke emblazoned with a miniature ponytailed Lagerfeld and designed by the man himself. I pour the soda into a sleek, cube-shaped Orrefors glass created by, you guessed it, and then sip my drink underneath a giant crystal antique chandelier.

Finally, Lagerfeld arrives looking impenetrable in dark glasses and leather, but he has the sniffles. Welcome to Karl's world, a contradictory mixture of the old-fashioned and thoroughly modern, the rarefied and the mass market, the untouchable and surprisingly vulnerable.

You're about to re-launch your Karl Lagerfeld brand as two collections, both of which will be sold online and one of which is very affordable. Why now?

These days, it's much easier to use decent fabrics for not so much money. Really great. When I did H&M, which was already seven years ago — I cannot believe it — I had a kind of appeal for people who buy inexpensive.

I don't say cheap because people are cheap, but clothes are not supposed to be cheap — they are supposed to be well designed and not expensive.

There's a very big difference, ah? So [the Karl Lagerfeld launch] has the top and the top of the inexpensive. I don't say low because there is nothing low.

When I did H&M, everyone said don't do it. And it worked. When I took over Chanel, everyone said to me, don't do it, it's dead, it doesn't work. It worked

beyond. So I better not listen to people and follow only my instincts.

Do you spend a lot of time on the Internet?

Yes. I spend a lot of time — no, time passes so quickly that nothing is ever a lot of time.

Do you ever shop online?

Not personally.... I don't do the Internet myself but everyone around me does it for me. And if I want to buy, I buy things from the Internet but it's not me personally. I don't give the number of my credit card and all those things.

What is your response, to people who say you do too many collaborations?

I couldn't care less. It depends if I know the people. If unknown people say this, they should send me a note and explain why. The limit is up to me to decide.

You're known for constantly moving forward and really capturing the now. But are there any moments from the past that you hold dear?

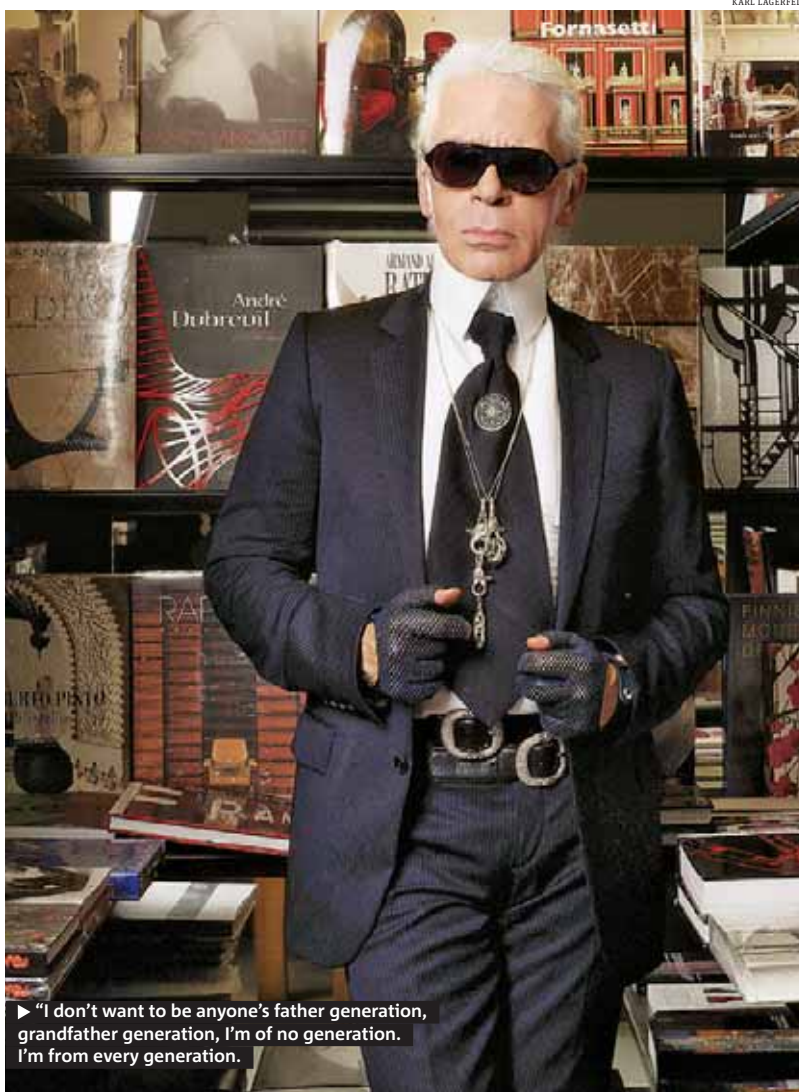
I'm not a vintage specialist. For nothing. Not for my life, not for my work, for nothing. I have no archives. Maybe the houses keep archives. I have nothing. I'm not interested in what I did. I'm just interested in what I'm doing, what can be inspired.

You've influenced many people. Who has influenced you?

You know, don't put influence into words. Influence has another name and that's called copying. It's in the air, I don't know. I'm like a TV antenna.

Do you watch a lot of TV?

I like to be on TV but I don't watch TV. I have no time for that.... When I'm at home alone, I hate voices. I like music or singing, but I hate voices and stories. It has the feeling that they enter my life. I love to be alone to read, to sketch with music, but I don't like ready-made images. I prefer to live on my imagination.



► "I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation."

When was the last time you were in love?

I don't know. I like freedom.

Do you find relationships too constricting?

Relationships happen for everybody, it can never be a problem. But it's not really my main thing.

If you had a child or a pupil or someone who you had to pass down words to live by, what would you pass down?

That's why I don't have children, mmm? There's nothing to pass down because everybody has to invent his own thing. I don't believe very much in this because what I learned,

saw, and all that happened in other periods, and the world is different now.

I have a godson, who is small, three-and-a-half years old. Genius. He's got real personality and his parents have no authority. He loves clothes. He wants everything like me. He sleeps with his gloves and goes to school with black glasses on. It's so funny.

But I believe you have to find your own way. What I hate about children is that they put you in a generation mode. I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

Have you ever had a pet?

Yes, but they die so I don't like them. The drama is I had two I really liked and after they died I don't want another one. That's too depressing.

Are you afraid of death?

I couldn't care less. [Percy Bysshe] Shelley said death may be a waking up from the dream of life.

But if you ask me, I think it's like a sleep where you don't wake up. You don't remember before, you don't remember after. The only thing is I don't want to be seen dead. So anyway, over, over. The battery is finished, huh, pfft.

3

life

Get more Karl



Want more Karl Lagerfeld? Visit metronews.ca to read about some of the fashion legend's muses, including Florence Welch, Edgar Ramirez and Azealia Banks.

Lagerfeld also gives us a look inside his personal office, and provides an insider's guide to his home base, Paris.

You can also watch Lagerfeld as he spends a day in our Metro Paris office, where he acted as guest editor-in-chief for a day.

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Scan this code for more Karl Lagerfeld content, or visit us at metronews.ca/karl

How Karl stays fit

► Lagerfeld lost 80 pounds following his own 'way of eating' ► Here's how the designer kept the weight off

MICHAEL FREIDSON
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Ten years ago, Karl Lagerfeld and Dr. Jean-Claude Houdret released *The Karl Lagerfeld Diet*, a book that chronicles how the designer lost 80 pounds. Based on the doctor's own Spoonlight program, it champions lots of fish, a low-calorie intake and few red meats.

A decade later, we wondered if Lagerfeld was still on the plan, and how he feels about staying fit.

So I'm guessing you don't eat at McDonald's.

I have nothing against it, but I don't eat garbage. Garbage is delicious but look at the effect, especially on American kids — it's a nightmare, huh? Once a week, I eat meat because

my doctor says it's good. If not, I eat fish, steamed vegetables, steamed fruit and that's nearly it.

Do you still stick to The Karl Lagerfeld Diet?

It's not a diet. It's a way of eating. If you were to have lunch with me you wouldn't think for one second that it's a diet. And my guests, they get sweets and such things, but I haven't touched sugar, sweets, butter, cake, cheese — all of that — for more than 11 years and I'm not even tempted. I'm beyond temptation. I think that's the best thing that can happen in life.

How do you get to be beyond temptation?

Sometimes I think my doctor hypnotized me. When I go to a party, or when I'm in the studio and

there's these huge buffets, for me, it's as if the table was covered with plastic stuff. I don't even think that one could eat it.

Other dieters, they crave sugar and chocolate, no? Chocolate: I like the perfume of chocolate but I don't have to eat it.

How much do you weigh?

I found out that clothes are much better than scales. Clothes don't lie. If you have only clothes in one size and nothing one millimeter bigger, the minute something hurts somewhere, you know it's time. And always keep a pair of tight jeans, something tight for control.

I know a woman who every year put on her wedding dress just to see if she can still fit it. It's only a problem if you have four or five weddings.

KARL'S SOLE WITH SPINACH

(155 calories per serving)

- 10 oz fresh spinach
- 1 small onion, thinly sliced
- 1 clove garlic, chopped
- 4 oz low-fat ricotta
- Chopped parsley
- 4 sole fillets, 6 oz each
- Salt, pepper
- ½ cup dry white wine
- Juice of ½ lemon

Cook the spinach, onion and garlic. Stir in the ricotta and parsley. Stuff the fillets and fold over at each end. Insert a toothpick to retain the shape. Season. Bake in a hot oven for about 10 minutes, basting frequently with the wine and lemon juice.



Diet principles

The Karl Lagerfeld Diet is out of print but we scored a copy. Here are the basics.

► **Why to diet.** First, ask yourself why you're considering dieting. For Lagerfeld, it was only after giving up bodybuilding and eating out every night that he began to "get annoyed" with his weight gain. Then, consult a doctor to discuss your medical needs. Ask about your Body Mass Index, for example — it's one way to measure obesity.

► **What to eat.** The Karl diet has three levels of calorie reduction, the most drastic of which requires doctor supervision. Those who are curious can follow the more general advice: Give up red meat and eat lots of fish. "I have never eaten so much fish, poultry or veal in my life and I feel wonderfully well on it," Karl writes.

► **What to drink.** Water. Sorry boozehounds: "Alcohol in any form is not recommended," writes Dr. Houdret. "A maximum of two glasses of red wine per day can be included in the diet but I do not recommend white wine or Champagne, as these are higher in calories. Sweet and carbonated drinks ... only in their diet versions."



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Getting the Lagerfeld touch

From high couture to ice cream movie shorts, Metro looks at everything the man has become known for



Diet coke

Karl's magic elixir of life. Just ask the staff in his Paris HQ — the stuff is on tap.



Volkswagen

It is German after all. Karl got in the director's chair for a series of commercials for the car company.



Ice cream

He doesn't eat the stuff. But thanks to his movie shorts for Magnum Ice Cream, he's become an unlikely face for everyone's favourite sweet.



Teddy bears

Yup, those too. Just to prove that under that icy exterior Uncle Karl's a real softie, he created this bear with Steiff.



Macy's

Lagerfeld hit the high street again for Macy's.



H&M

His was the first of the great H&M high-low collaborations.



Supers

Inès de la Fressange, Claudia Schiffer and Freja Beha Erichsen are just a few models whose careers got a boost thanks to Uncle Karl.



Fans

Hiding something Karl? During the '80s it was a rare thing to see the designer without his trademark Oriental fan.



Pirelli

Lagerfeld shot the sexed up Mythology calendar for Pirelli with models clad in Greek-style gold leafing and barely-there robes.



The tweed suit

Lagerfeld turned the Chanel staple on its ear when he took over the house in 1983. And the house's staples have constantly evolved since. ● METRO

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Put down that diet pop

► New study shows drinking diet drinks put you at greater risk of heart attack, stroke and disease



CELIA MILNE

LIFE@METRONEWS.CA

Switching to diet pop? Be careful.

A new study has found that drinking a diet soft drink every day can put you at increased risk of heart attack, stroke, heart failure and vascular death.

"It certainly wouldn't hurt to cut down, as you wouldn't be missing any important nutrients in your diet," Hannah Gardener, lead author of the paper and a scientist at the University of Miami, told Metro in a phone interview.

Gardener, along with

colleagues from Miami and Columbia University in New York, analysed the eating and drinking habits of 2,564 people who had enrolled in the Northern Manhattan Study.

Over the 10 years of the study, researchers found a 43 per cent higher risk for heart attack, stroke and vascular death in those who drank diet soda daily, compared to those who drank none.

The study took into account confounding factors such as BMI, intake of fat and calories, and pre-existing illnesses.

Interestingly, people who occasionally drank diet pop or who drank regu-



ISTOCK PHOTO

► Artificially sweetened drinks are not a healthy alternative of regular drinks, a new study shows.

Drinking pop

Why would drinking lots of diet pop be linked with heart problems? It's still a mystery.

► **Increased risk** Researchers in Miami found that drinking diet pop every day does seem to increase your risk of stroke, heart attack, heart failure and vascular

events, but they didn't know why. They offered two possible reasons: One is that when you drink something artificially sweetened, it confuses your body, which then craves more calories. Another is that the caramel colouring in diet pop causes a slight chemical aging in the body. It has been linked to the disease multiple sclerosis.

lar sugary pop were not more likely to suffer from vascular events in this study.

Gardener was cautious in her advice about diet pop.

"I don't think people need to stop drinking it," she says.

"It's only one study. More research is needed."

But she did add there is

absolutely no harm in cutting back.

The research appeared in the Journal of General Internal Medicine.

The bottom line?

Keep in mind that artificially sweetened soft drinks might not be a healthier alternative to regular pop, as the long-term health effects remain unclear.

Mix of good and bad at Muster

► This lunch spot has a pub feel and casual dishes ► Some aspects need work

VALERIE MANSOUR

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



A few people have gathered at the Muster Station for lunch. I've heard good and bad about this place. My visit has both.

My friend orders a specialty burger or "stack" as they're called here. The Thai Gourmet Stack (\$11) makes an impressive appearance with adornments including Asian slaw, slices



► Thai Gourmet Stack (\$11).



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of mango, tempura chilies, coconut mayo and — believe it or not — banana ketchup. It's tasty, although a thin bun would make it more manageable. The fries are great and steaming hot.

My Pulled Pork Sandwich (\$9), with apple spiced mayo, is too sweet and has no kick. The bun gets soggy and unappealing. The accompanying Caesar Salad (\$2.50) is fresh with real

parmesan and bacon, but too much dressing. It's so huge I can only eat half.

Muster has a pleasant pub feel and a friendly staff. Drop by for a burger — and bring your appetite.

► **The Muster Station Tap & Grill**
590 Portland St.
405-8545
themusterstation.ca
Price range: \$\$
Rating: 3 out of 5

Why keep up with the Joneses?

- Have your very good manners made you house poor?
- Stop trying to keep up appearances and get out of debt

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONews.CA



According to a survey released last week by ComFree, 40 per cent of Canadians are very hesitant to talk about their personal financial situation because it isn't 'polite,' especially when it comes to home ownership.

The majority stated that they'd prefer to maintain their current outward per-

ception of net worth. Sadly, keeping up with the Joneses is one of the major reasons Canadians wind up house poor.

Home poverty is when after paying a mortgage and household bills, there's little money left over for other things like groceries, RRSP contributions, home maintenance, car repairs and vacations. To get out of it, home owners must increase their cash flow by cutting back spending.

If you're running a negative bank balance for more than three months because of your home, you're in financial trouble and must make major cash-flow ad-

"Politeness and maintaining a perception of wealth have no place in healthy personal finances."

justments. March over to the bank immediately and consolidate your loans and credit cards to take advantage of low interest rates and more affordable monthly repayment options. Cancel unnecessary monthly expenses like club or gym memberships, dinners out, souped-up cell-phone and cable packages, iTunes downloads and



Home owners often have to increase their cash flow by cutting back on spending.

nail/hair appointments.

If you're guilty of splurging on your kids, stop and explain to them that you need to save money. Get a roommate and lease out your parking stall. If you've got two vehicles, sell one and share the other with your partner, or get rid of your car permanently.

If you can't get out of the red, you may need to sell your home, buy a smaller

more affordable one, or rent for a while. The top three ways to save major money when selling a home are to price it correctly, negotiate to maximize the home's value and consider selling through a commission-free listing service like ComFree.

And the top three ways to save major money when buying a home are to recognize a good deal, buy within

your means, and use a mortgage broker to get a rock-bottom interest rate.

Politeness and maintaining a perception of wealth have no place in healthy personal finances. By talking about our finances and getting advice from qualified professionals, Canadians can be more realistic about building their net worth, which includes affordable home ownership.

CHARLES THE BUTLER



Dear Charles I think of the good old days when a man or boy offered his seat on the bus or subway to an older person or woman. I believe this was

the correct thing to do. What do you think?
Signed,
I'm not an old spinster!

Dear I'm not an old spinster!

We think back to a time in history when the air was

pure, people were safe and properly dressed, they had polite manners and conversations with each other, and life was wonderful.

Well, I don't want to burst anyone's "happy-place bubble," but that time in history never really hap-

pened.

However, there was a time when chivalry was commonly practiced.

A man was always most respectful of women. I personally don't believe that chivalry is dead; I observe that when it is practiced, it

is very much appreciated and welcomed.

So what's my point? I believe chivalry must be taught.

Parents who go out of their way to teach their children these manners give them great social ad-

vantages, because nobody is ever criticized for being polite or a gentleman, but everyone is always criticized for their rudeness and lack of manners.

So gentlemen, on this Valentine's Day, remember your manners — it's always worth it!

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONews.CA.

SEND SOME LOVE

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ALREADY IN TUNE

HOLLAND COLLEGE OFF TO GREAT START



HOLLAND COLLEGE PHOTO

There is a new player in the world of performing arts education.

Last September, Holland College opened its Charlottetown-based School of Performing Arts (SoPA) and began offering a two-year Music Performance program and a one-year Performing Arts Foundation program.

This fall, it will offer a third program, a two-year Dance Performance program.

Maria Driscoll, SoPA's co-ordinating director, says there are a few advantages Holland College has in offering these programs, with one reason being the faculty.

"We have such a wealth of talent in P.E.I. in music, theatre, acting

and dance, so we are able to use all that talent," she says.

Another reason is the partnership between Holland College and the Confederation Centre of the Arts. The centre bills itself as a venue for showcasing "the best in Canadian visual and performing arts."

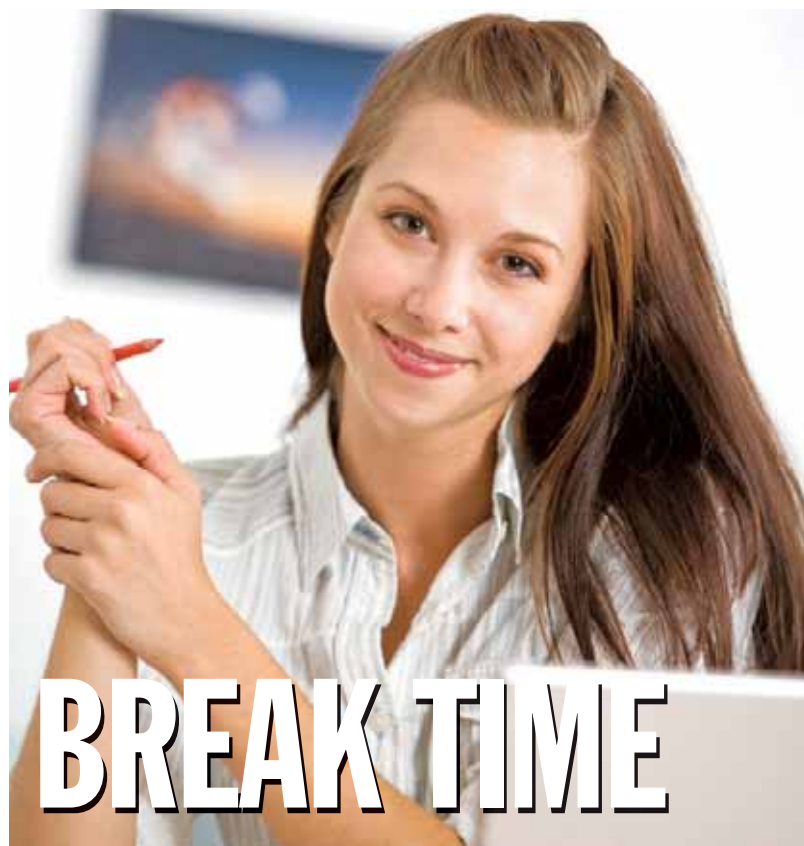
"We have the reputation for education and they have the reputation for performance space and musical theatre programming, so it was natural to put the two together," says Driscoll.

The Performing Arts Foundation program is housed at the Centre and the Dance Performance program will be housed there.

Students in the Music Performance program are housed in their own facility, which was completely renovated to meet the needs of the program.

The deadline for submitting applications to study in Holland College's School of Performing Arts (SoPA) is Feb. 29, with auditions to be held March 3 and 4.

People looking for more about SOPA and the application process can visit hollandcollege.com/sopa.



GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

BREAK TIME

HOW TO MAKE THE MOST OF READING WEEK

While U.S. spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal issues you have been putting off.

She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs. This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

— Jon Tattrie

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HANDS-ON LEARNING



MARIA TEJEIRO/LIFESIZE/THINKSTOCK

GETTING TO THE ROOT OF THE PROBLEM WITH OSTEOPATHY

For medical professionals interested in a career in osteopathy, the next intake of students at the Canadian College of Osteopathy (CCO) in Halifax will be taking place this fall.

Osteopathy is a form of natural medicine that uses manual therapy to treat neuromusculoskeletal and joint problems. Rather than just treating the

symptoms, osteopathy aims to solve the root causes of a problem.

The CCO's Halifax program is geared towards people who already have a diploma in a health science program, such as physiotherapy, kinesiology and nursing. It is a five-year seminar-based program, with six seminars taking place each year.

Each seminar runs for five consecutive days.

After the five years of study, students must complete and successfully defend an osteopathic thesis to receive the designation of D.O., Diploma of Osteopathy.

The field of osteopathy is growing across Canada, including Halifax.

MORE INFO

People interested in learning more about the Canadian College of Osteopathy (CCO) can visit its website at ceo.qc.com or contact its admissions coordinator, Marie-Chantal Raïche. She can be reached by phone at 514-342-2816, ext. 229.

"More and more, we are seeing osteopaths in Halifax who have a large clientele," says Marie-Chantal Raïche, CCO's admissions co-ordinator.

She says that as people better understand the role osteopaths play in improving people's health, they will be increasingly viewed in a similar light as family doctors.

The CCO was the first osteopathy college to be established in Canada when it opened in Montreal in 1981. It has since grown to six locations across the country and also has campuses in Switzerland and Germany.

"Most of our professors have at least 20 years of experience," says Raïche. "They are very qualified."

She says the program is a good fit for health professionals who feel limited by the results they can achieve for their patients.

"It's for people who already have an understanding of health, but who are limited in the results they can give to their patients," says Raïche.

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** with even the most complicated patients.

Osteopathic manual treatment focuses on detecting areas of restrictions at any tissue level that may be interfering with the body's regular functions. Restrictions are detected through the osteopath's delicate proficiency at palpation. The transmission of the art of palpation is a time-honoured tradition which the faculty of the CEO takes great pride in sharing with the students. The ability to palpate precisely distinguishes osteopathy from all other forms of medicine and therapy.

Following a thorough history taking, the patient is assessed in detail and treated with minimal intervention techniques in order to achieve maximal results. Viewing the body as a whole, the osteopathic approach recognizes that the tissue's mobility has a direct impact on all of the body's functions from digestion to breathing to locomotion. Osteopathy functions by assisting the body's natural healing ability, allowing areas of restriction to regain as much of their former mobility as the body will comfortably allow.

The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

Upon completion of the program, graduates receive a Diploma in Osteopathic Manual Practice (D.O.M.P.). Graduates enjoy career satisfaction.



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Questions

► Why should you contribute to an RRSP? ► Can I use RRSPs to buy a house? ► What's the best type of RRSP fund?

JANE
DOUCET
FOR METRO

If you're not exactly sure what a registered retirement savings plan is, you're not alone.

"Even though RRSPs have been around since 1957, there's still some confusion surrounding them," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management. Here, Lermite answers the following

common RRSP questions:

Why should I contribute to an RRSP? One important reason is that RRSPs will help you save for retirement. An added benefit is that if you are in a mid-range to high tax bracket, contributing annually to an RRSP will give you a tax break each year.

"If you're in a lower tax bracket—say, anything below \$35,000 annual gross—you might be better off putting your money in a tax-free savings account,"

In the beginning

► **Prime Minister John Diefenbaker's** Conservative government introduced RRSPs in 1957 to motivate Canadians to save for retirement. Before RRSPs, only those who belonged to employer-spon-

says Lermite.

Can I use my RRSPs to buy a house? Yes—but you have to be considered a first-time homebuyer. If

sored registered pension plans could deduct pension contributions from their taxable income. Several legislative changes have occurred over the decades that have encouraged larger RRSP contributions, including extensive amendments in 1991.

you meet those requirements, under a federal government program called the Home Buyers' Plan, you can withdraw up to \$25,000 from your

RRSPs in one calendar year to help finance a house purchase. "Generally, you have to repay all withdrawals to your RRSPs within a period of no more than 15 years until the balance is zero," says Lermite.

What's the best type of RRSP fund? "Don't go for 100 per cent bonds or 100 per cent equities," says Lermite. "The volatility will be too harsh." If you are working with a certified financial planner, ask them

to put your money in what's called a "balanced fund."

With the downturn in global markets, are RRSPs a wise investment? "They are absolutely still a smart investment option," says Lermite. "When the markets are volatile, it's important to stay the course."

Try to contribute to an RRSP every year—and to push yourself to funnel more money into it each year than you did the previous year.

The entire concept of retirement is changing

JANE
DOUCET
FOR METRO

If hindsight is 20/20, no one would make mistakes—including RRSP mistakes. Now, more than ever, it's important to invest wisely.

"The whole concept of retirement is changing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Experts predict that in the coming years, more retirees will work part time or venture into self-employment, some because they want to and others to make ends meet. Even if you enjoy working, you will likely want to—or have to—stop at some point.

If you don't want to be invited late to your own retirement party, try to avoid making these RRSP mistakes:

Don't wait too long to

What if?

► **Even if you are on RRSP track,** are you financially ready for life's curveballs? In *It's Your Money*, author Gail Vaz-Oxlade includes such

start. Even if all you can afford to sock away is \$25 per month in your 20s. "Most people don't start thinking about retirement investing until they're in their mid-40s," says Pollock. "That's too late." To

get the best RRSP returns, you need to take advantage of compound interest over several decades.

Don't misjudge how much you will need. "Underestimating how long

you think you'll live can result in a savings shortfall," says Pollock. Paint a clear picture of how you envision retirement. Do you want to travel in Europe in your 60s? Or simply not worry about covering the rent in your 70s and beyond?

Don't invest while drowning in debt. Saddled with student loans or credit card debt? "It's best to pay down all or as much as you can before you start con-

tributing to RRSPs," advises Pollock.

Don't make infrequent contributions. If you are tempted to skip a year here and there so you can afford to buy that expensive item you have been eyeing, resist.

"Get in the habit of making annual contributions to your RRSP," says Pollock.

"The more you invest over the long term, the better the returns."

Be methodical with your contributions



Do you hear the clock ticking ... time is running out if you intend to contribute to an RRSP.

The deadline for contributing and using it on your 2011 income tax return is Feb. 29, 2012. The deadline, usually March 1, is different because it's a leap year.

What is also different this year is the slight increase in the amount you

can contribute. For 2012, the contribution limit is 18 per cent of your income in 2011 to a maximum of \$22,970.

The federal government introduced RRSPs in 1957 to encourage Canadians to save for retirement.

The biggest benefit is the immediate tax savings, says David Gillan, vice-president of T.E. Wealth. "You get a tax deduction for the year that you put it in." Your total income is reduced by the amount you

invest in your RRSP. That means you pay less tax and are left with more of the money you earned, says Gillan.

"RRSPs are also a good savings plan ... they keep you disciplined," says Jillian Bryan, an investment adviser at TD Waterhouse, Vancouver. If you are paying into a plan like this, it's hard to pull the money out and you will be less likely to do so.

Furthermore, every dollar grows without attract-

ing any tax through its accumulation, says Richard McKenster, spokesperson for Advocis (the Financial Advisors Association of Canada), Halifax. "If the fund earned six per cent, the fund earned six per cent."

In most cases (and this is where a financial planner can help), you will be in a lower tax bracket when you are retired and, as a result, the "income" from your RRSPs will be taxed at a lower percentage rate.

Keep in mind that if you have a spouse, says Bryan, you can set up a spousal RSP and income split with the higher income earning spouse. Again, you will save because of the lower tax bracket.

RETIREMENT PLANNING

Retirement planning is a continuum, says McKenster of ADOCIS, beginning when you finish school and continuing through your working life. "It's all about at some point cash-

ing out and retiring and using income from investments rather than earned income."

"And it's not that painful when you're methodical about contributing," says Bryan. "If you don't want to do a budget, then just pay yourself first (take 10 per cent however often you get paid) and make sure you are maximizing your contribution."

The earlier you start, the richer the whole process becomes.

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Make the most from your money

► Don't wait until the last minute to contribute to your RRSP fund



YLVA VAN BUUREN
FOR METRO

Are you one of those people who scramble every February to make an RRSP contribution before the end of the month?

While that scenario is definitely better than not contributing at all, experts point out that you are not getting the most out of your money.

David Gillan, vice-president, T.E. Wealth, says what a lot of people do is either deposit the lump sum based on what they can contribute or how much they have to put in to break even and not pay any taxes. But they often wait until the end of February.

"Ideally, we'd like to take a lump sum and put

it in Jan. 1 of each year," he says. "That way the money is in there and starting to grow tax free for you."

Of course, most experts recommend contributing a certain amount of money to your RRSP every month. "As markets move up and down through the year," says Gillan, "at the end of the year it should average out to be a better return for you overall because you're not just lump-summing it."

Even better, you will have a retirement savings plan in place.

Should you take a loan for your RRSP?

Many people do. Since the RRSP loan itself is the security, when banks lend out money for an RRSP it's generally only a one-year



term. You just have to make sure whatever you are borrowing to put into your RRSP you can pay back every month. And you should still be able to make your current RRSP monthly contribution.

Also, remember that you don't get to write off that interest because you are using it to put into a RRSP.

SAVINGS PLAN

"The rule of thumb keeps

changing," says Gillan, "but we always say for every dollar you need in retirement, you need to put away about \$20 in savings."

That's based on 30 years of retirement income as

well as three per cent inflation and an optimistic return of seven per cent overall.

Be sure to work with a financial adviser who will review your entire portfolio with you.

Investment options are growing with the TFSA

SMART INVESTING



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The tax-free savings account (TFSA) offers Canadians a significant opportunity to develop a tax-free income and is another retirement planning option to the older and bet-

ter-known registered retirement savings plan (RRSP).

Since they became available in 2009, about 6.7 million Canadians have opened TFSA accounts, which now have total assets of about \$43 billion.

The TFSA allows holders to contribute up to \$5,000 per year.

Unlike RRSPs, there is no tax deduction for contributions to a TFSA. RRSP contributions are deductible and reduce your income for tax purposes. However, the money you contribute to your TFSA and growth through interest, dividends or capital gains are not taxable, except for any foreign tax on foreign investments. As well, your withdrawals are tax free.

Money in a TFSA can be invested in the same instruments as an RRSP such as stocks, bonds, GICs and mutual funds. Any unused contribution room can be carried forward, and if you withdraw money in one year from the account, you are allowed to put it back, but only in the year after it is withdrawn.

The TFSA has a number of benefits, particularly for

seniors. Money from a TFSA is excluded from income-tested benefits and tax credits such as the GST credit and the Old Age Security and the Guaranteed Income Supplement and will not reduce those benefits.

Unlike an RRSP, you can contribute to a TFSA after the age of 71.

As well, you can pass on your TFSA when you die.

If the spouse is named the beneficiary of the TFSA, they can elect to transfer the assets at the owner's death to their own account without affecting their contribution room. Any TFSA income earned after the death of the TFSA owner is taxable to the spouse.

Another benefit of the TFSA is that you can assign assets in your account as collateral for a loan, something you are not able to do with an RRSP.

There is some confusion among Canadians about

TFSA. Some recent studies have found one of the main reasons Canadians have not opened a TFSA account is that they don't fully understand how they work. As well, many people still are not aware that the accounts can hold more than simply cash and savings, a fact that some financial experts have said indicates the TFSA may be misnamed as a "savings" account.

The TFSA has appeal for people in their prime accumulating years, those who are actively building retirement assets and for low-income earners who can't take full advantage of tax deductions from contributing to an RRSP.

THE CANADIAN PRESS

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Beat the rush to the February 29, 2012 registered retirement savings plan (RRSP) contribution deadline. **Please contact me today.**

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Work your plan to get answers you need

ISTOCKPHOTO/THINKSTOCK

A financial plan can help you prioritize your goals, save money, focus on the bigger picture, and worry less about money, but most of us aren't working our plan. Recent IEF research shows Ontarians score low on knowledge of financial planning and setting goals. But a larger concern was the wide gap between knowledge and action.

"For the most part, Canadians know that they're supposed to save for a rainy day, an emergency, a vacation or their

retirement. But they're not doing it," says Tom Hamza, president of Investor Education Fund (IEF), a Canadian non-profit organization dedicated to financial literacy and education.

Hamza recommends you put your plan to work using tools and calculators from the IEF to get answers to your money questions:

- ▶ How much do you need to retire comfortably? Take the Retirement Lifestyle Quiz.
- ▶ How much will your

RRSP be worth at retirement? Check the RRSP calculator.

▶ Should you pay off debt or invest? Use the Pay down debt or invest calculator.

▶ What's the best way to pay off my debts? Try the Pay off credit cards and debt calculator.

▶ Where should I focus my efforts? Take the Cranial Cash Clash

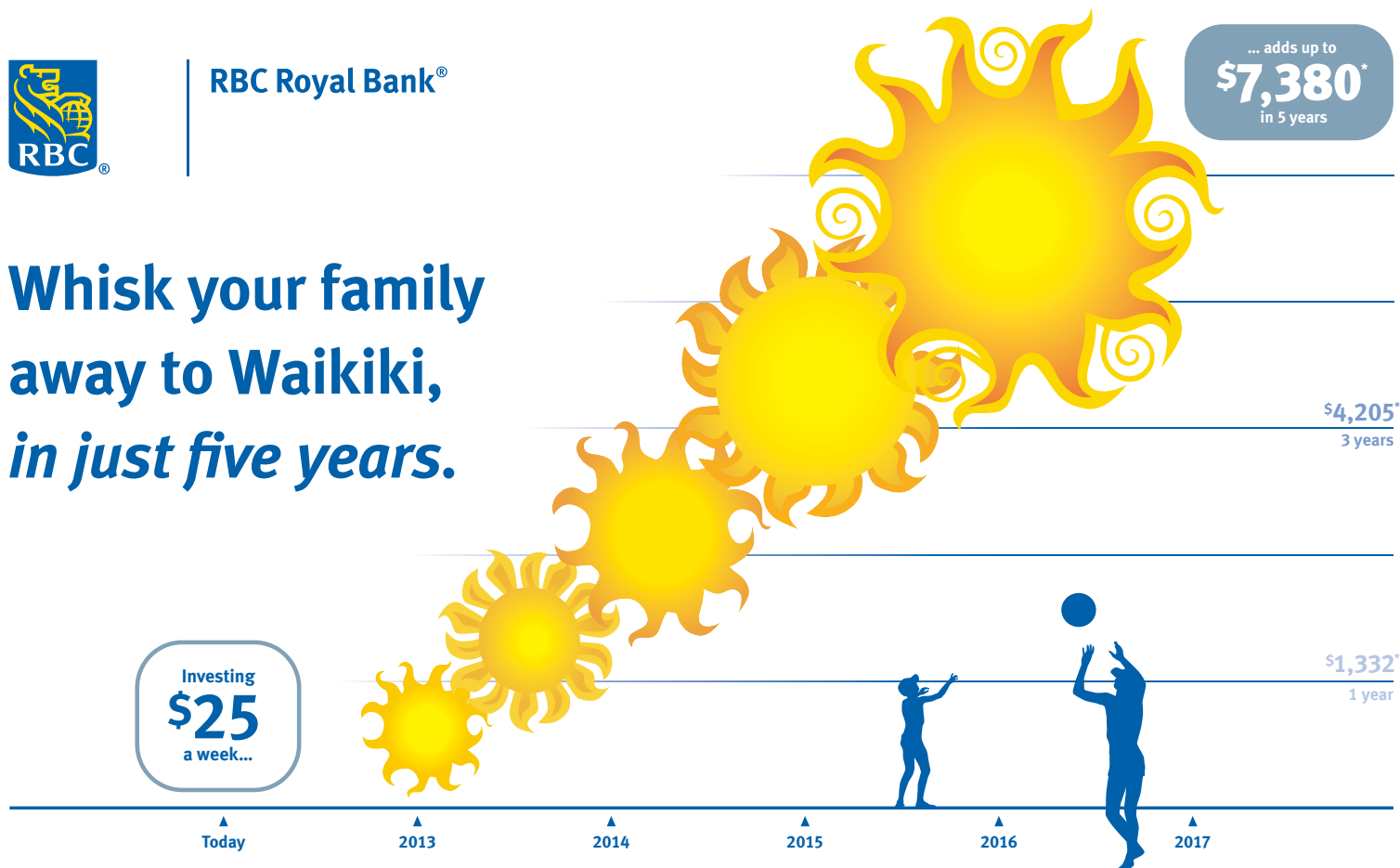
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Ex-Halifax Mooseheads right-winger Jessyko Bernard was named the QMJHL's third star of the week on Monday.

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Sid practices with team

Pittsburgh Penguins captain Sidney Crosby skated in a full practice with his teammates Monday but said he is no closer to returning from a concussion and neck injury that have caused him to miss most of the NHL season.

Coach Dan Bylsma felt that with Jordan Staal and

Simon Despres ready to resume skating after their injuries, it was better to include Crosby in the main practice rather than have him skate on his own.

Crosby moved with plenty of energy and took part in every drill.

"It was good to be out there," he said. "I wasn't

going to skate by myself if I didn't have to.

"This week's been pretty good. I feel like I'm getting there. I don't know the timeframe. I wish I did."

He said he is not ready to resume practising regularly with his teammates.

THE CANADIAN PRESS



► Mayflower skip Ian Fitzner-LeBlanc competes at the 2010 Molson Tankard.

Old curling pro seeking new thrills

- Second-seeded Ian Fitzner-LeBlanc hoping new team can put it together
- Top seed Mark Dacey gunning for sixth Nova Scotia men's curling title



MATTHEW WUEST
@METRONEWS.CA

Ian Fitzner-LeBlanc's new team has experience on its side — but not experience together.

As a result, the Mayflower skip is tempering expectations for his rink of third Paul Flemming, second Robert Doherty and lead Kelly Middelstadt heading into the Molson Tankard Nova Scotia men's curling championship in Bridgewater starting Wednesday.

Flemming and Middel-

stadt, veterans who won last year's Tankard with Shawn Adams, joined forces with Fitzner-LeBlanc — the 2010 provincial champion — after Adams moved to St. John's, N.L., for work.

"We've had some success ... but realistically we've probably got more losses in the loss column than we're used to and that just comes down to a new team getting to know each other and jelling," said Fitzner-LeBlanc, who is best known for competing in the 2010 Brier in Halifax. "Hopefully it all comes

together for us, but it's a strong field so I wouldn't say we're walking in as favourites or anything like that."

Fitzner-LeBlanc called his split from former teammates Stuart MacLean, Kent Smith and Phil Crowell "amicable." Smith is skipping MacLean, Crowell and second Mark Robar on a new team that will go head-to-head with Fitzner-LeBlanc at the Tankard.

"I'm good friends with all of them, really," Fitzner-LeBlanc said. "It was just one of those things where the team decided to mutu-

ally break away and see if we'd be better off trying different teams."

Mayflower's Mark Dacey, a five-time champion who last won in 2009, is the top seed with his team of third Tom Sullivan, second Andrew Gibson and lead Travis Colter.

Fitzner-LeBlanc said his team will have to play better than it has all season to come out on top.

"We have the ability to put it together," he said. "We know how to win — we've all done it — and the goal is to be the last team standing there at the end."

NBL CANADA

All-star weekend dates set

The National Basketball League of Canada has finalized its dates for its inaugural all-star weekend in Halifax.

The league announced

Monday the two-day event will be held March 31 and April 1 at the Metro Centre.

In addition to the all-star game on April 1, a three-point shootout, slam-dunk contest and legends game will be held on March 31.

Tickets go on sale Feb. 17 via Ticket Atlantic and start at \$20 for a two-day pass.

● METRO HALIFAX

Quebec Major Junior Hockey League

(X- clinched playoff spots)

STANDINGS				
	W	L	O	Pts
X- SAINT JOHN	38	13	2	78
X-SHAWINIGAN	35	12	5	75
X-B-BOISBRIAND	29	20	3	61
VICTORIAVILLE	34	16	3	71
QUEBEC	32	13	7	71
CHICOUTIMI	28	16	9	65
RIMOUSKI	32	22	0	64
HALIFAX	28	17	5	61
BATHURST	25	22	5	55
BAIE-COMEAU	24	23	4	52
MONCTON	23	24	5	51
DRUMMONDVILLE	22	25	7	51
GATINEAU	20	24	8	48
VAL-D'OR	21	28	4	46
CAPE BRETON	20	29	2	42
P.E.I.	17	31	5	38
R.-NORANDA	16	31	5	37

UPCOMING SCHEDULE

Wednesday

Halifax at Baie-Comeau, 8:30 p.m.

Friday

Halifax at Chicoutimi, 8:30 p.m.

Saturday

Halifax at Shawinigan, 5 p.m.

Sunday

Halifax at Victoriaville, 5 p.m.

National Basketball League of Canada

(X- clinched playoff spots)

STANDINGS				
	W	L	Pct	GB
X- LONDON	23	6	.793	-
QUEBEC	18	10	.643	4.5
HALIFAX	29	20	.630	61
SAINT JOHN	34	16	.681	71
SUMMERSIDE	32	13	.345	71
OSHAWA	28	16	.345	65
MONCTON	32	22	.259	64

UPCOMING SCHEDULE

Friday

Halifax at Oshawa, 8:30 p.m.

Sunday, Feb. 19

London at Halifax, 2 p.m.



► Giants receiver Victor Cruz arrives in Newark, N.J. with teammates Monday.

Giants return home champions

► Thousands of fans welcome Super Bowl winners in New Jersey ► Parade set for Tuesday

Smiles were the order of the day, as the Super Bowl-champion New York Giants returned home, victorious once again.

The team's plane from Indianapolis touched down Monday afternoon at Newark Liberty International Airport in New Jer-

sey. Several players saluted the crowd as they departed the aircraft, and some used cameras and video recorders to capture the moment. Coach Tom Coughlin also had a big smile as he waved to the crowd. Earlier in the day,

the 65-year-old said he sees no reason to retire now.

"I mean, it's what I do," Coughlin said just hours after New York beat the New England Patriots 21-17 in the Super Bowl. "So the alternative I've never really given it a whole lot

of consideration. (Just coach) as long as I can."

Once on the ground, the players, coaches and team officials were greeted by several hundred airport employees and a Port Authority baggage band. Crews also fired water cannons to salute the team

while the plane taxied to a hangar.

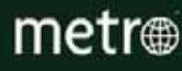
The players then took buses to the team's headquarters in East Rutherford, where thousands of fans lined the gates waiting to catch a glimpse of the champions.

THE ASSOCIATED PRESS

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54 Woodlawn Rd. Dart. February 11, 2012
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General Services

Spiritual

Thank-you a PRAYER to the Blessed Virgin (Never Known to fail.)
"Oh most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me you are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart to succor me in necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (say three times). Holy Mary, I place this prayer in your hands (say three times). Amen." Say this Prayer for 3 consecutive days and then you must publish it and it will be granted to you. -CL

MISCELLANEOUS

Miscellaneous

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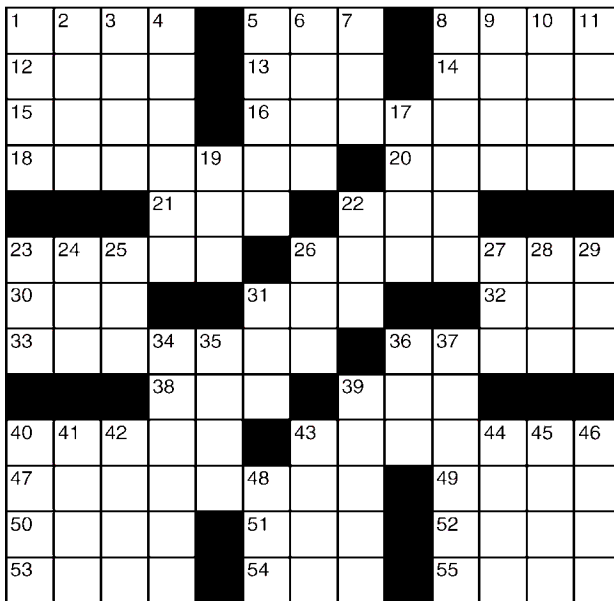
Crossword

Across

1 Improvise musically
5 Ram's mate
8 "Dracula" author
Stoker
12 Eastern potentate
13 Parcel of land
14 Continental
money
15 Puerto —
16 Limbs
18 1980s TV exec Tar-
tikoff
20 Gumbo ingredi-
ents
21 AAA assignment
22 Expert
23 Station
26 Star of 1996 "Ham-
let"
30 Exist
31 Week component
32 Ruby or Sandra
33 Missouri tourist
mecca
36 Born earlier
38 Charged bit
39 "Hail!"
40 Beachgoer's mat
43 Bygone U.S. airline
47 Boston-area uni-
versity
49 Spoken
50 Denomination
51 Commotion
52 Take the bus
53 Jab
54 Sawbuck
55 Being (Lat.)

Down

1 Predicate part
2 Eastern bigwig
(Var.)
3 Isinglass



4 Quickly
5 Arm joint
6 Sported
7 Greek H
8 Summon with a
gesture
9 German industrial
district
10 Neighborhood
11 Rolling stone's lack
17 Mrs. Nick Charles
19 Speck
22 Snoop
23 Apply lightly
24 Blunder
25 — shooter
26 Proscription

27 Do sums
28 "Gosh!"
29 That woman
31 Rickles or Knotts
34 Nothing (Ital.)
35 Auctioneer's call
36 Eggs
37 Maiden in "The
Raven"
39 Pyromaniac's
crime
40 Recipe meas.
41 Sandwich cookie
42 Lousy (Sl.)
43 Wait a while
44 Eye part
45 Crazes

46 Run away
48 Chow down

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

LBJ,
Wanted to wish you a Very Happy Birthday this week baby. I love you so much and can't wait to spend the rest of our lives together. Going to find you a really sexy present too. xoxox
YOURGIRL

My Pumpkin,
I love you and really want you to stay. Without you is not an option. In all my past I have never felt so comfortable. I W

FROM YOUR BABY

French Pamplemousse
needs her Irish boyfriend. No matter the distance between us, you're the only one I want. I love you and I can't imagine being with anyone else. I miss you, come back soon...

**FROM YOUR FRENCH
PAMPLEMOUSSE**

Today's horoscope

♈ Aries March 21-April 20

You won't take kindly to someone who tries to meddle in your personal affairs.

♉ Taurus April 21-May 21

In a matter of days you will be riding the crest of a wave again — and this time you won't fall off.

♊ Gemini May 22-June 21

You need a bit more preparation in order to achieve what you want to accomplish.

♋ Cancer June 22-July 22

You know what it is you need to be doing and all that should concern you now is making a start.

♌ Leo July 23-Aug. 23

Enjoy yourself but don't be reckless.

♍ Virgo Aug. 24-Sept. 22

You may have to take on new responsibilities today. You may also have to work at something you do not particularly enjoy.

♎ Libra Sept. 23-Oct. 23

The tougher the task the more you will like it: in fact you will seek out challenges that put you to the test.

♏ Scorpio Oct. 24-Nov. 22

Don't let others pressure you into accepting something unless you are 100 per cent sure it is the right thing for you.

♐ Sagittarius Nov. 23-Dec. 21

Some people seem to delight in taking the opposite view to everything you say. That's their right, of

For today's crossword answers and for expanded horoscopes, go to metronews.ca

course, but it's your right to ignore them.

♑ Capricorn Dec. 22-Jan. 20

Anyone who dares oppose you will be dealt with swiftly and harshly.

♒ Aquarius Jan. 21-Feb. 18

You may be on the go from morning to night but where is all this activity getting you? Nowhere fast by the look of things. Slow down today and focus on the one or two issues that really matter.

♓ Pisces Feb. 19-March 20

Money matters will be high on your agenda today and if you follow your instincts you may come into some cash.

• SALLY BROMPTON

Caption contest



You write it!

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